

## CLAIMS

1. A method of encouraging proper posture during a golf swing, comprising the steps of:
  - providing a brace consisting of a single continuous strap and a buckle;
  - placing the brace on a golfer, with a first diagonal strap portion and a second diagonal strap portion crossing each other across the golfer's back;
  - providing resistance to excessive bending of the golfer's back during a golf swing by adjusting the brace to provide tension prior to the golf swing and by leaving the tensioned brace in position during the golf swing; and
  - removing the brace from the golfer after the golfing activity is completed.
2. A brace for encouraging proper posture, the brace comprising:
  - a first diagonal strap portion, a second diagonal strap portion, a first front strap portion, and a second front strap portion; and
  - means for adjustably connecting the first front strap portion and the second front strap portion;
  - wherein the first diagonal strap portion and the second diagonal strap portion cross each other; and
  - wherein a tension in the first diagonal strap portion and the second diagonal strap portion may be adjusted by adjusting the brace in the location of the means for adjustably connecting the first front strap portion and the second front strap portion.

3. A garment with a brace for encouraging proper posture, wherein:
- (i) the brace comprises:
- a first diagonal strap portion, a second diagonal strap portion, a first front strap portion, and a second front strap portion; and
  - means for adjustably connecting the first front strap portion and the second front strap portion;
  - wherein the first diagonal strap portion and the second diagonal strap portion cross each other; and
  - wherein a tension in the first diagonal strap portion and the second diagonal strap portion may be adjusted by adjusting the brace in the location of the means for adjustably connecting the first front strap portion and the second front strap portion; and
- (ii) the garment comprises:
- an inner lining; and
  - an outer shell;
  - wherein the inner lining comprises at least one tunnel or loop through which the brace passes.